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NANCY PENN MONROE, CO-FOUNDER

by Laurie A. Monroe



"I neither slumber nor sleep and you must learn that your soul neither slumbers nor sleeps. Once you realize this, you are aware of your spiritual vitality and wakefulness to your high consciousness. In so knowing you will understand that I am truly closer than your hands and your feet. In this

knowing, in this knowledge, we are one. Live in truth. Be truth. Live in beauty. Become an artist in living."

EXPLORER Session
Nancy Penn Monroe

Nancy Penn Monroe was truly an artist in her own life. Her beauty and gentleness enhanced the lives of all who knew her. She was the co-founder of the Institute and was married to Bob

for twenty-three years. She made her transition on August 15, 1992.

Nancy's heritage stems from an old Virginia family, the Penns, dating back before the American Revolution. She was brought up in the southern tradition, which was evident in her mannerisms and stately grace and dignity. She always had a smile for everyone and put others' needs before her own. She did not know the meaning of the word "hate," and her expression of unconditional love was felt by many. Nancy never met a stranger. She had a kind word for everyone she met, whether it was the state trooper who had just written her a speeding ticket or the lady at the checkout line in the supermarket. Her energy was boundless. She was mindful of the rights of others and never asserted her will upon them. She was an example of love that one could reflect upon

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NEW VISIONS IN COMMUNICATION

by Suzanne Evans Morris, PhD



Suzanne Evans Morris, a speech-language pathologist and educator based near Charlottesville, Virginia, is nationally and internationally known for her work with children with developmental disabilities. Dr. Morris maintains a private practice including direct clinical work, con-

tinuing education programs, development of clinical materials, and clinical research. She is the director of New Visions, which sponsors innovative professional workshops and provides family-centered clinical services. She is also a member of The Monroe Institute

Board of Advisors, a GATEWAY OUT-REACH Trainer, and has been a Professional Division member since 1983.

One of my greatest pleasures has always been connecting with people in meaningful ways.

When working with children with oral-motor and feeding difficulties, this means establishing a bond with that child, creating a conduit through which our communication can flow effortlessly back and forth. With other professionals and parents, connecting means being completely open to their ideas and experiences, being willing to consider new possibilities. A consummate networker,

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A WARRIORESS ENCOUNTERS BOB AND NANCY

by Shaaron S. Honeycutt



Shaaron S. Honeycutt, wife of TMI Operations Director A. J. Honeycutt, writes copious notes in her journal while taking Institute programs. When asked

about material regarding Nancy and Bob, she sheepishly provided the following account of an experience during her January 1997 LIFELINE. Shaaron is an audio/video sales representative for Crutchfield Corporation and also grows and markets specialty foods grown in her magic garden, *Terre Vibrant*.

On the Wednesday afternoon of my LIFELINE adventure, we were given an exercise in which we were instructed to move to Focus 27 and look for people that we knew or had known. It seemed simple enough and I was game, so we went in without delay.

I like to start with a conscious passage through the various levels, beginning with Focus 10. The ritual is both calming and reassuring and enables me to put everything else aside to truly "be" There. Moving on to Focus 15, I found myself in a dark midnight-blue environment reminiscent of what I would imagine deep space to be . . . but more comfortable. From the blue of 15, I went through the colors, feeling as though I was passing up through filters—each stripping off that which would limit me—before moving on to the next, while experiencing each level as having certain characteristics associated with it.

By Focus 21, I emerged as a light being and donned what I call my "spiritual warriorress" garb. It's a little hokey, but I had a breastplate with a glowing heart pulsing with

life energy, a white cape, an arcane symbol emblazoned on my forehead, and my energy bar tool slung over my shoulder like a protective purse. Thus appared, I was ready to go adventuring around the cosmos and kick some cosmic keister (if need be) for the good of all. Well, in any event, at least I felt safe.

The next move was up to 25. I stopped in a tiny, rustic chapel or temple and knelt down to offer gratitude to the life I lead and ask for guidance as I proceed on my spiritual quest. While I meditated, panels opened up in the right and left sides of the roof to let in bright shafts of light. These shafts intersected each other to form a prism of energy which concentrated on my forehead. I knew it to be "God Energy" (WOW!) and my body glowed golden from that point on.

Pressing on to 27, I surveyed the landscape for the object of our exercise . . . someone I knew. It wasn't long before I spotted a couple strolling over the closest hillside as if out for a Sunday afternoon walk in the park. Yes, of course, it was Bob and Nancy. Both of them smiled in welcome as they approached. Nancy looked like something from scripture, an angel as described by authors of old, with swept-back white hair and a flowing white robe. She exuded well-being and love—a reassurance completed by a broad smile. Bob sauntered next to her as only he can do. The epitome of the country gentleman, he wore a tweed blazer with those leather elbow patches, along with the trademark driving cap sitting askew on his head. He had a mischievous grin, a knowing glint in his eye and a weathered cane in hand, just for show. In his impish but wise way he was an encouraging yet daunting figure. This guy can look right through me to the core. This is my sense of both Bob and Nancy as archetypal patriarch and matriarch.

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TRAINING THE TRAINERS

Trainer Development and Assessment Program (TDAP)

As many of you are aware, there are an ever-increasing number of requests for The Monroe Institute to directly sponsor more programs at the Institute and through various outreach programs. In meeting this need, our staff is committed to making Hemi-Sync trainings available to the widest possible audience, with the greatest possible quality. In support of this effort TMI is initiating a new program for the development and accreditation of *GATEWAY OUTREACH (GO)* trainers and residential program trainers.

This new program, *TDAP*, short for *Trainer Development and Assessment Program*, has the sole purpose of providing the educational and training background needed by future residential and/or *GATEWAY OUTREACH* trainers. The curriculum of *TDAP* will consist of independent home-study, successful completion of the week-long residential *TDAP*, and demonstration of competence in the delivery and execution of normal *GO* trainer and residential program trainer activities.

The first *TDAP* residential class will be offered August 30-September 5, 1997. TMI intends to offer these classes twice annually. Since assessment is an important component of this program, participants will be asked to take a series of six written examinations during the week covering material typically required by successful TMI field representatives and trainers. To prepare for these tests, participants will be given an extensive required reading list upon enrollment in the program. In addition, they will be asked to prepare a videotaped presentation prior to attending. Throughout the program they will be asked to demonstrate

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BLAZING NEW TRAILS WITH MONROE AND CASTANEDA

by Patricia Leva, RN, MA



A Monroe Institute OUT-REACH Trainer since 1987, Patricia Leva has been facilitating GATEWAY EXCURSION weekends in the

Midwest, Canada, and the western states as well as offering custom designed Hemi-Sync workshops in health care, academic, and business settings. She has conducted monthly EXPLORER support groups in Erie, Pennsylvania, and Cleveland, Ohio, and has been continuing this ongoing gathering in Boulder, Colorado, with an additional flair.

Since the fall of 1994, I have been facilitating a monthly Explorer Support Group (ESG) in Boulder, Colorado, for a group of people interested in widening their perspective about consciousness in nonphysical realities. A prerequisite of attendance is being a graduate of TMI's residential programs and/or the GATEWAY EXCURSION Weekend. At the explorers' suggestions, for these meetings I have been using an approach which combines the works of George Gurdjieff, Carlos Castaneda (apprentice of Don Juan), Ken Eagle Feather, Victor Sanchez, Joseph McMoneagle, and Robert Monroe. In that there are many similarities between the works of these people, this format provides a wide variety of ways to approach consciousness education and training. This has kept things lively and fun. The ESG format has been twofold. First, we do exercises that explore the topic for the meeting; then a guided Hemi-Sync experiential activity reinforces the topic. This results in a spirited, free-flowing discussion.

When developing the classes, I decided to follow the Don Juanian idea of differentiating between what the Toltec tradition calls *first attentional*, *second attentional*, and *third attentional* viewpoints when developing the class schedule. The first attentional state has to do with experiences in physical reality such as C-1 consciousness, Focus 3, and Focus 10. The second attentional state involves experiences in non-physical reality such as Focus 12 and beyond, and the third attentional state incorporates both physical and nonphysical reality or states of 'free perception,' known as the unitive or mystical states, such as Focus 15.

For the first six months we did exercises combining the work of Monroe and Castaneda which enhanced first attention skills. These were activities to learn how to "undo" habits, routines, self-importance, and ego beliefs that limit or drain the flow of energy and to learn how to develop an attitude of impeccability (the strategic control of behavior to save, direct, and increase energy). The latter techniques included special REBAL (Resonant Energy Balloon) techniques to increase or release energy, learning how to develop a Different Overview (D/O), exploring the idea that we are primarily fields of energy more than physical bodies, and learning how to release static energy encrustations in the field through the use of recapitulation (Castaneda) and the Release and Recharge technique (Monroe). Various tapes from the GATEWAY EXPERIENCE (GE) series and some TMI quarterly membership tapes were used.

In the last year we have centered on building second attention skills by exploring Eagle Feather's eight attentional skills of consciousness: talking, reasoning, feeling, dreaming, seeing, will, first reflexive, and second reflexive (described in his book, *Travelling with Power*). We went on to practice stopping inter-

nal mind chatter using creative Energy Conversion Box techniques and Castaneda-type activities found in Sanchez's book, *The Teachings of Don Carlos*. This permitted more of what Gurdjieff calls 'self-remembering,' or what Monroe would refer to as letting the Total Self make choices. In the last four months we have done exercises that purposefully increased and/or oversaturated attention. This automatically leads one into a state of heightened consciousness. During these exercises, the explorers became very aware of their emerging instinctual body wisdom abilities such as developing and using third-eye vision. Some of the exercises employed to shut off physical reality attention were observing shadows, walking backward, staring at a bright color, and using peripheral vision rather than looking straight ahead—all activities described by Sanchez.

One of the most impactful events for the explorers was to understand the difference between thinking and perceiving. To this day they still mention how powerful this is. They learned that talking and reasoning make use of thinking. Thinking and perceiving are two entirely different attentional states, but we have been taught to lump them together as if they were identical twins. Thinking belongs to what Don Juan called the first attentional state (called the *tonal* state in Toltec terms) and perceiving (the *nagual*) belongs to second and third attentional states. Don Juan continually stressed the importance of making the distinction between thinking and perceiving. He suggested that when thinking is stopped, the idea of the physical world stops, along with physical identity and all that was constructed from and about that identity. If we stop thinking such and such, then the world will stop being that which we have thought. If we shift attention into a wider perceptual field, then the world takes on broader meaning and helpfulness. From this understanding the explorers discovered three key insights: (1) if used

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MONROE AND CASTANEDA

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in a disciplined manner, the Monroe Energy Conversion Box exercise can be used to literally stop self-importance—which is the biggest energy drain of all; (2) rather than immediately inserting left brain "foot" into Focus-state work, it is more important to be a perceiver, not a thinker, while in Focus-state experiences; and (3) it is more important to *not* think while feeling a feeling. If there is thinking going on while feeling a feeling, the feeling energy will grow into emotional thought-form energy, or what Robert Monroe and Don Juan both called "encrustations" (blocked areas in the energy field). Don Juan suggested that one couldn't have an emotion without thinking about a feeling. Feelings are sensations having no thoughts attached. The first step in the Monroe Release and Recharge exercise in tape four of *Discovery (GE)* is to release emotional thought forms. The second step is to release stuck feeling energy forms.

We have started to take our monthly ESG meetings outdoors to reap the benefits of full and new moon energies. The group enjoyed a camp-out weekend in the Rocky Mountains while practicing night vision (Castaneda third-eye training) on the gnarly desert land and had more Focus-state experiences at 9,000-foot elevation. Assisted by Mother Earth, joyous hummingbird, sneaky/noisy black bear, riots of wildflowers, soaring eagle, great food, and sweet bagpipe songs, these *EXPLORER* meetings are likely to be remembered for a long time.



FOLLOW THAT FOX!

by Jan Caroc

Jan Caroc has voyaged from Denmark to participate in six TMI residential programs (he has attended EXPLORATION 27 twice) and feels fortunate to have met Bob Monroe two times in C-1 reality. In this e-mail message to Laurie Monroe, Jan describes an unusual, affirming occurrence that left him with feelings of continuing connection.

When my former spouse did *GATEWAY* this summer (1996) she had—among other things—a strong vision of Bob and a lot of nice, playful foxes. She tends to dismiss this as something she made up herself. The fact is—while she had this vision in Virginia—I had the rather astounding experience of seeing a fox in the middle of morning traffic in Copenhagen!

After reading your article in the spring *FOCUS* and after very unsatisfactory attempts at communicating with my former spouse, I saw the photo of Bob at the bottom of the page. I focused on the photo and stated the following question: "Well, you old fox how would you show up for me?" Then I went out to get in my car to go get some food. While walking downstairs, something kept saying, "Don't use the car, walk instead." I ignored this (I'm lazy!), but I couldn't get into the car. The lock had fastened. I tried several times and ended up with climbing in via the passenger seat. And still this "walk instead of driving" message kept coming. Then I wasn't able to start the car, and I finally said, "OK, I've got it; I'll walk."

I then climbed awkwardly back via the passenger seat and was halfway out of the car, when very fast running noises made me freeze in my steps. The noises came from two small, beautiful foxes who swept around me and

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A WARRIORESS, BOB AND NANCY

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I returned their greeting. Nancy expressed how wonderful the love is that I experience with A. J., how truly glad she was for us both, and that many are not privileged to have such love in their lifetimes. She also intimated that I was on the right path (my fundamental goal for the week revolved around professional goals) and that our time would come, so relax and enjoy the ride. Everything would be okay, BUT part of the adventure was to find your own way. I asked for a *little* hint and we all laughed. Bob reiterated Nancy's assurances and called me "sweetie," while giving me the proverbial pat on the back. He told me that the love and life force was strong within me and that I had the ability to "go forth and prosper" on many levels. Of course I wanted to ask more of them but, as usually happens for me, the tape beckoned us back to C-1 and the reality of the CHEC unit.

I came out of the experience with something words cannot define. Perhaps it is a Bob and Nancy energy blanket. I wear it with me. It is confident, reassuring, and calm—a lovely gift from a walk in the Park.



TDAP

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various skills which will be assessed by TMI staff members following coaching.

Upon successful completion of the entire *TDAP* curriculum, graduates will become accredited trainers and will be authorized to organize and conduct a series of official TMI programs throughout the world. Anyone who is interested can enroll in *TDAP* if they meet the course prerequisites. To receive complete *TDAP* information including an application, please contact Helen Warring, Registrar, The Monroe Institute, 62 Roberts Mountain Road, Faber, VA 22938. Phone: (804) 361-1252.



NANCY PENN MONROE

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at any time. Love was her motivator and she knew the "secret" was to be consciously connected to the Light of love.

I was fortunate to have many wonderful experiences with Nancy since the age of fifteen. I knew and recognized the specialness of who she was and held that knowing very close to my heart throughout the years. In a recent experience in *EXPLORATION 27*, I was told I was to receive a healing. A tremendous warmth enveloped my physical body. I felt very light as if I were floating. There was a tingling sensation in my body and there were beautiful rays of golden light all around me. Several rays of pure white light were surrounding me and there was this remarkable feeling of love—so much more than words can express. Tears were rolling down my cheeks as I remained in this encompassing feeling of unconditional love. The CHEC unit became brighter and brighter as the rays of light seemed to join together as one. I had a strong sense that Nancy was with me, and I asked if she was there. As the rays came together into a single beam of white light, I felt my right hand being squeezed. I knew it was Nancy, for I recognized her energy within the light. It was so reassuring to feel her, to actually experience a physical validation of her presence, to know that there is no separateness. We are all connected. We are all one.

Nancy loved foxes, and we collected them together for over twenty years. Many of these precious collections can be seen in the Fox Den at the Center. The fox is very much akin to Nancy's nature. Known to be the observer for its ability to be unseen, the fox is the symbol for the protector of the family. Nancy was a protector as well as a provider of nurturing and caring. She had the ability to adapt

to any change, which was advantageous in her relationship with Bob. Able to perceive objectively almost any situation, with swiftness of thought and action she would integrate all that she observed in order to maintain the unity of all concerned. Just as the fox is able to camouflage itself in the woods, Nancy's keen perceptions helped her to know instantly what would happen next. Her psychic abilities and her intuition were always available to her. Her attributes and those of the fox are perhaps one and the same.

Here we see Nancy in everything around us. As co-founder of the Institute, she was involved in the inception of what my father had built. The many beautiful creations in and around the Center are from Nancy. The interior design of the building itself was the result of her creative efforts. The gorgeous Bradford Pear trees that line the roadway as you enter the Institute grounds are the result of her thoughts. On the day of her celebration of life ceremony in David Francis Hall, the Center was dedicated to her by my father, thus the Nancy Penn Center. As my father said, she was too self-effacing to permit it before that moment.

Nancy began a story, "The City Not Made with Hands," which is unfinished. She always said she did not have the time. Perhaps now—with our explorations—the story can be completed, as we know Nancy's "city not made with hands" from direct experience of the Park and Focus 27. Perhaps that is how she wanted the story to be finished—There rather than here.

The love, the essence of Nancy, the essence of Bob, remain with us always, sometimes in very subtle ways. You can physically see it in the fleeting fox, feel it from the soft gentle breeze, smell it in the budding of springtime, taste it in the Silver Queen corn, and hear it in the stillness of a winter's snow. Such beautiful gifts. Indeed!



QUARTERLY TAPE

The Gift of Guidance

"On another short journey to The Monroe Institute, return to the Nancy Penn Center. From the Center you will move into the forest for an important meeting. Receive the wisdom as you converse with nature . . . the nature of your own guidance."

FOLLOW THAT FOX!

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the car in a half circle not more than two yards away, disappearing into a neighboring garden. You can imagine I was excited! I started walking, and after twenty-five yards another fox was sitting looking at me over his shoulder—a big, older fox. It then darted off.

I was in dreamland! It was rather overwhelming, very reassuring, and completely wonderful. I might add that these are the only times I've encountered foxes in Copenhagen. They are not very rare, but what a nice chain of profound synchronicities!



THE MONROE INSTITUTE PROGRAM SCHEDULE

All programs listed below will be held at The Nancy Penn Center in Faber, Virginia.
1997

EXPLORATION 27
(For *LIFELINE* Graduates)
July 19-25
September 20-26

GATEWAY VOYAGE
July 12-18
August 16-22
September 6-12
September 27-October 3
October 4-10
October 11-17
October 25-31
November 8-14
November 15-21
December 6-12

GUIDELINES II
(A Graduate Program)
September 13-19
December 13-19

HEARTLINE
(A Graduate Program)
August 2-8

LIFELINE
(A Graduate Program)
August 23-29
November 1-7

PROFESSIONAL SEMINAR
July 26-August 1

HEMI-LYNC Making Global Connections

Hemi-Lync is a print media network bulletin board—a communication device—for connecting you with people, events, and publications around the world

that have something to share about Hemi-Sync. It's your forum and we encourage you to use it. The items posted in this issue represent only a few of the Hemi-Lync possibilities. To submit your Hemi-Lync item, write or call the TMI FOCUS, The Monroe Institute.



Academia

On February 27, 1997, the "Hemi-Sync Technology" and Stefan Kasian, AB—*GATEWAY* graduate and former TMI summer intern—returned for an encore as part of the Stress Management and Performance Enhancement course at Duke University in Durham, North Carolina. Larry Burk, MD, associate professor of radiology, originated the course concept. Through the joint efforts of Dr. Burk and Stefan, twenty students each semester have an opportunity to experience Hemi-Sync directly.

Appearances

Restricted Environmental Stimulation Therapy, or REST, is a clinical tool for addressing stress-related disorders and chronic pain and for enhancing performance. TMI Research Director F. Holmes (Skip) Atwater and former Professional Member Dale S. Foster, PhD, were on the program of "REST '97: Expanding the Bandwidth" on April 18, 1997. Dr. Foster's presentation was based on his doctoral thesis, "EEG and Subjective Correlates of Alpha Frequency Binaural Beat Stimulation Combined with Alpha

Biofeedback." Skip presented "Binaural Beats and the Frequency Following Response: A Pilot Study."

On May 30 and 31, Barbara Bullard, MA, and Elisabeth Y. Fitzhugh appeared at AWAKENINGS in Laguna Hills, California. The two TMI Professional Members co-facilitated "The Dancing DNA," a workshop exploring new principles and tools of consciousness and energy to enhance health and well-being. The sessions on May 31 included "Hemi-Sync Sound and Music for the Quantum Leap."

Professional Member Gari Carter recently did an e-mail interview with Joel Metzger, coordinator of the Online Noetic Network. Their "conversation" was put together into an article and e-mailed to ONN members. Check out ONN's website/library at: <http://www.libertynet.org/noetic/> for excerpts from this and other interviews.

Long-time professional member Carol Sabick took time out from her busy schedule of Hemi-Sync workshops and radio and television appearances in Spain to cross the border into Switzerland. Carol represented TMI at the Ninth International Congress on Stress at Montreux from February 16-21, 1997. Her presentation about Hemi-Sync stimulated great interest in the audience of renowned doctors, scientists and other researchers in the field of stress. Carol's session was reviewed in *Health and Stress*, the newsletter of The American Institute of Stress, headquartered in Yonkers, New York.

Books

The following titles are available from Interstate Industries, Inc. *Brothers Forever*, by Joseph Gallen-

Editor: Shirley Bliley

Layout and Design: Jackie Umbarger

TMI FOCUS is published four times annually by The Monroe Institute, 62 Roberts Mountain Road, Faber, VA 22938-9749. Telephone (804) 361-1252. The Monroe Institute is dedicated to exploring and developing the uses and understanding of human consciousness. The FOCUS contains current information on Institute activities, applications of the Hemi-Sync® technology, and communication with Hemi-Sync participants and program graduates. Membership rates from \$50 to \$150 per year.

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berger, PhD (\$11.95, softcover, Hampton Roads Publishing Company, Inc.)

Healing Myself, by Gari Carter (\$10.95, softcover, HRPC, Inc.)

Living Is Forever, by J. Edwin Carter (\$9.95, softcover, HRPC, Inc.)

Mind Trek, by Joseph McMonagle (\$10.95, softcover, HRPC, Inc.)

Travelling with Power, by Ken Eagle Feather (\$10.95, softcover, HRPC, Inc.)

ULTIMATE JOURNEY, by Robert A. Monroe (\$22.00 retail; \$19.80 members, hardcover, Doubleday)

Using the Whole Brain, edited by Ronald Russell (\$14.95, softcover, HRPC, Inc.)

Electronic Lyncs

Refer to **CYBERSPACE VOYAGERS** for a complete listing of TMI and TMI-related "net surfing" addresses.

TMI is now featured on the Internet Mall™, **FIRST FLOOR: Online Music Shop**.

Journals

Perceptual and Motor Skills, February 1997, published an abstract of "Auditory Brainwave Stimulation in Treating Alcoholic Depression" by Raymond O. Waldkoetter, EdD, and Gilbert O. Saunders, EdD. Readers can obtain the complete text in a microfiche or a photocopy format.

Magazines

"La Technologie Du Bonheur" (The Technology of Well-Being) appeared in the April 1997 issue of the French-Canadian publication *RESOURCES*. From an account of her personal Hemi-Sync experiences, author Denise Neveu segued to an in-depth interview with Professional Member Roger-Michel Poirer, MD. Dr. Poirer gave an overview of TMI's sound technology and its application in various therapeutic settings, as well as a

description of his clinic's research plans.

SHAPE, April/May 1997, ran two information-filled paragraphs by Kathy Koontz under the heading "Brain training." Kathy appealed to health and fitness buffs by spotlighting Hemi-Sync as a way to improve sports performance and general physiological functioning and to boost creativity and intuition.

Newsletters

INSIGHTS for the evolving human spirit, the newsletter of Hampton Roads Publishing Company, January 1997, contained an eloquent tribute to J. Edwin Carter penned by Frank DeMarco. That issue also included current information on the second edition of Ed's book, *Living is Forever*, and a special offer on the audio version of the book, and it noted renewed interest in movie rights.

Washington, DC

In April, TMI Director of Corporate Development Mike Boles forwarded the *SURGICAL SUPPORT SERIES* and copies of *Catnapper* to Erskine Bowles, chief of staff, for use at the White House. Mike reports that the *Catnappers* are being used by the traveling press corps, and we have received a personal "thank you" note from President Clinton.

Lyncing People

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you. Please inform us promptly of changes in location and phone/fax numbers.

CANADA

HALIFAX, NS

Tom Tasse
(902) 443-2692

TORONTO, ONT

Blair Swanson
(416) 694-2908

VANCOUVER, BC

Carol Biernat
(604) 261-2840

DENMARK

COPENHAGEN

Jan Caroc
(45) (39) 274911

ENGLAND

CAMBRIDGE

Sue Pitman
Tel (223) 843164
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HANTS

John and Alison Perrott
Tel/Fax (252) 626448

EUROPE

THIMISTER,

BELGIUM

Patrick Bartholome
(32) (87) 44-70-70

JAPAN

TOKYO

Kanji Nakai
Tel (03) 5471-2502
Fax (03) 5471-2972

SCOTLAND

NEW GALLOWAY

Jill and Ronald Russell
Tel/Fax (44) (1644) 420357

U.S.A.

ARLINGTON, VA

Mark Gemmell
(703) 522-8663

BETHESDA, MD

Helene N. Guttman
Tel/Fax (301) 656-8980

BUTTE, MT

Leo McCarthy
(406) 494-3567

DAVIDSON, NC

Norma Atherton
(704) 892-7000

ENGLEWOOD, CO

Daniel K. Meyer
Kimberly Miller

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(908) 995-9493

DOYLESTOWN, PA

Chris Carey
(800) 731-7345

HENDERSONVILLE, NC

Joe Gallenberger
(704) 693-4721

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(317) 852-7727

LAMBERTVILLE, MI

Eileen Tucker
(313) 856-5251

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Al Swadichuto

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PALMER, AK

Ross Perrine
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PORTLAND, ME

Joe Harrington
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PORTLAND, OR

Clayton Morgan
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Bill Oakes

ROCHESTER HILL, MI

Rebecca Nagy
(810) 651-6740

SAN MATEO, CA

Chow Chow
Imamoto

(415) 341-1955 (r)

(415) 344-1822 (w)

SILVER CITY, NM

Marion Light Ray
(505) 388-5782

TEMPE, AZ

Marcie A. Katter
(602) 968-3021

TOLEDO, OH

Eileen Tucker
(313) 856-5251

TULSA, OK

Bruce W. Freeman
(918) 742-0743

WOODLAND, CA

Edy Harrington
(916) 669-1468

If you live within reach of any of these folks and would like to find other nearby people to "explore" with, get in touch. The *OUTREACH* Trainers and facilitators listed on the *Expanded Workshop* insert also welcome your calls. Special thanks to all of you who are willing to be connecting links in the extended TMI family.



NEW VISIONS

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I watched and participated with excitement as the phenomenon of the Internet began to take hold. The Internet was custom-made for "connecting," and I established many valuable contacts through chat rooms and bulletin boards prior to developing a New Visions site on the World Wide Web.

Since attending the *GATEWAY VOYAGE* in 1981 I have used Hemi-Sync in my practice, often with startlingly positive results. E-mail provided a forum for discussing these results with interested colleagues I would otherwise never have met. Connections with co-members in the Professional Division who are on-line challenged me to consider new research and clinical directions. By developing a website, a whole new level of information sharing would be available. For over ten years the symbol of a spider web has been New Visions' metaphor for therapy, implying the interconnectedness of all things. For this reason we approached the construction of our site with particular delight. This February, after nearly a year of planning, New Visions proudly introduced its site on the Web.

My son, David Morris, was hired as our designer and webmaster. David is uniquely suited to creating a digital face for New Visions. He is, first, a talented artist skilled in a variety of media, including computer graphics and design. While in college he moonlighted as a website graphic designer. Second, he's lived and breathed New Visions virtually since he was born. David developed a great-looking visual concept built around Betsy True's line drawings that have become associated with the New Visions look in our brochures, catalog, and manuals. Our goal is to maintain an uncluttered, classy, and easy to navigate site with the focus on sharing ideas and information.

The site is updated every two or three weeks. We want people to know that ongoing communication is central to New Visions.

With information sharing as a priority, a great deal of thought was given to links to other sites. The result, in our **Feed Your Mind** section, is **Links We Like**, one of the richest resources available on the Web. **Links We Like** opened with more than one hundred carefully selected entries. Because each link is annotated, browsers have enough information to determine if the site contains the type of material they're seeking before visiting it. Links are located in one of ten subject categories: "Information," "Anatomy and Physiology," "Feeding Development," "Feeding and Swallowing," "Gastrointestinal," "Respiratory," "Health and Nutrition," "Education and Therapy," "Parenting," and "Mailing Lists." **Links We Like** reflects New Visions' holistic philosophy—featuring both conventional and alternative resources for health and education. Two links to TMI's site target areas of specific interest to New Visions' browsers: *TMI: Hemi-Sync Learning Systems*, the description of the use of binaural beats, and *TMI: Hemi-Sync Research Papers*.

Feed Your Mind offers a variety of New Visions' **Information Papers**, including several originally published in the *HEMI-SYNC JOURNAL* which I received permission to "reprint" from the Institute. The learning area, for instance, contains "A Guide: Hemi-Sync Tapes for Learning" and "Recapturing the Intuitive." Because we carry both *METAMUSIC Remembrance* and *METAMUSIC Einstein's Dream* in our **Mealtimes** catalog, links were also made between the Hemi-Sync guide article and TMI Professional Member Barbara Bullard's papers on these topics at her website. Eventually, we'll link articles to sections of our catalog to demonstrate a more direct connection between the ideas

discussed and the resources that support them.

To **Talk to New Visions** you can e-mail an individual New Visions staff member, or request specific information and be placed on our mailing list by e-mailing the form provided. Clicking on "Who Are We?" accesses brief job descriptions/bios of each New Visions player.

Our **Mealtimes Catalog** section is a treat to browse. Until the whole catalog is on-line, the "Product Sampler" showcases dozens of our favorite **Mealtimes** products. Each item is beautifully illustrated with a textured canvas drawing. Visitors to the site may request a catalog or download an order form for mailing or faxing. Website links to Adobe allow visitors to download the Adobe Acrobat Reader directly. This software enables those with DOS, Windows, Macintosh, and UNIX computer platforms to read and print documents downloaded in the PDF format. With this feature, browsers can download the entire 1997 **Mealtimes Catalog** and save it to their hard drive to be printed as desired.

Of course, we offer detailed and up-to-date information on our programs in the **Workshops** and **Clinical** sections. The workshop "Recapturing the Intuitive in Therapy and Education" is designed for professionals working with children and adults with special needs. New Visions programs use Hemi-Sync extensively to develop and support the states of consciousness in which clinical and personal intuition are most accessible.

Since going on-line in February, "hits" to the site and the number of on-site requests for information have steadily increased. We would love to hear from other Professional Members on-line via our site at <http://www.new-vis.com>

See you in the web!



Thank you, Micki.